

# 10 Tips to Help you Enjoy Your New Life in The Work From Home(WFH) Club

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*For Those of you that are new members of the Work From Home Club, you may be frustrated and exhausted with the influx of information on the Coronavirus. It feels as if the Zombies will be coming next.*

You may be feeling like you are losing the ability to feel joy in your personal and professional life as the world struggles with this viral crisis.

With new cases of coronavirus being confirmed in the U.S. every day, tech giants like Facebook, Google, Twitter, Microsoft, Apple and a broad spectrum of other organizations large and small are asking their employees to work from home.

The coronavirus crisis will be challenging for people, companies, and countries and due to the many changes people will need to adapt to for what may be months of disruption to normal routines.

Some people will feel grateful to have solitude and others will feel like they need to get out and go anywhere. Despite your preferences, it's all a big change.

Although many people will be initially reluctant to work from home, they may be surprised that they will be able to thrive. Managers may find new and creative ways to manage their teams that may improve and not hinder performance. Due to cancellations of events, Managers may have time to finally plan to sit down and restructure their teams and modify business practices to help future efficiency practices.

Try to use this time to invest in your own capabilities and use this time as an opportunity for change.

**Those of you who are suddenly working from home for the first time are adjusting to a new way of life will find it easier to cope by following some prudent tips.**

## **TIPS ON WORKING FROM HOME**

- Use a separate, dedicated work device.
- Have a work wardrobe even if it's WFH sweats and do not wear sleep pajamas.
- Have clear remote work hours as some people don't know when to quit and others have a hard time staying on track.
- Communicate with your coworkers and managers on a consistent basis.
- End your work day with a daily ritual like working out.
- Keep up with personal hygiene as you might become lax on when you're not interacting with anyone for the whole day.
- Remind yourself to get up and stretch or take a short walk around your block.
- Practice good sleep hygiene practices.
- Meditate to bring mental peace and awareness when you feel overloaded.
- Take a power nap to help you feel rejuvenated.